

IDPH TUPC Material Order Form (updated 04/07/21)

PLEASE EMAIL YOUR ORDER TO TobContactUs@idph.iowa.gov





NAME: _____

ADDRESS: _____

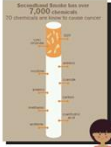






CITY: _____ **State:** _____ **ZIP:** _____, **COUNTY:** _____ **PHONE:** _____


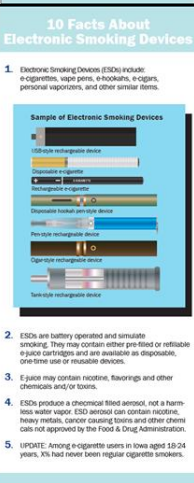


DATE ITEMS ARE NEEDED BY: _____





****Allow 2 weeks for delivery. All orders shipped by UPS. MUST HAVE A STREET ADDRESS, P.O. BOXES WILL NOT WORK TO SHIP UPS).**


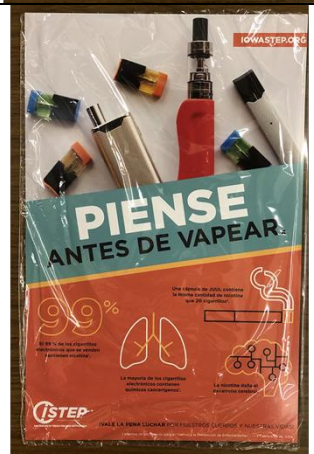
Select		Name of Item	Number Requested
		Quitline Iowa “Quit Card” Beat Stress Tip: A wallet size, plastic card with Quitline Iowa information on it. (item #513)	Units of 100
		SPANISH: Quitline Iowa Rack Card (Brochure) Standard Quitline Iowa rackcard (item #515S)	Units of 100
		Quitline Iowa “Quit Card” Native American: A wallet size, plastic card to with Quitline Iowa information on it. (item #525)	Units of 25
		Quitline Rack Card (Brochure) for low health literacy (item #529)	Units of 100

		Quitline Rack Card (Brochure) for low health literacy (Spanish) (item #529S)	Units of 100
		Quitline Pregnancy Poster (Item 568)	Units of 25
		Quitline Pregnancy Rackcard (Item 569)	Units of 50
		Ask, Advise, Refer Folder (item 593)	Units of 1
		Smoking & Your Heart (item #517)	Units of 100

	<div data-bbox="381 35 581 485"> <h3>Secondhand Smoke</h3> <p>What is it? The smoke that comes off the burning end of the cigarette or cigar and the smoke exhaled by the person who is smoking.</p> <p>Secondhand smoke contains more than 7,000 known chemicals. Approximately 70 are known to cause cancer.</p> <p>Secondhand smoke and you.</p> <ul style="list-style-type: none"> ✓ Secondhand smoke is a known cause of lung cancer, heart disease, low birth weight babies, and chronic lung ailments such as bronchitis and asthma (particularly in children), as well as other health problems. ✓ According to the Centers of Disease Control and Prevention (CDC), more than 43,200 adult nonsmokers die every year in the United States from heart disease and lung cancer caused by exposure to secondhand smoke.   </div>	<div data-bbox="821 205 1180 317"> <h3>Secondhand Smoke Fact Sheet (item #518)</h3> </div>	<div data-bbox="1284 243 1455 279"> <p>Units of 100</p> </div>
	<div data-bbox="381 485 581 955"> <h3>5 Reasons NOT to Smoke While Pregnant</h3> <p>Are you pregnant or planning to be? You have a special reason to quit smoking - your baby!</p> <ol style="list-style-type: none"> 1. If you quit, your baby does too! <ul style="list-style-type: none"> ✓ Your baby will get more oxygen when you quit. ✓ It's best to quit before you get pregnant, but quitting anytime while you are pregnant will help. 2. You may have a healthier pregnancy. <ul style="list-style-type: none"> ✓ Women who smoke have a higher risk of bleeding and/or pregnancy loss. ✓ Smoking mothers' babies may be born too soon. ✓ Your pregnancy may be easier if you quit smoking. You will have extra energy and quitting will help you breathe more easily and cough less. 3. Your baby could be healthier. <ul style="list-style-type: none"> ✓ If you quit smoking, your baby has a much lower risk of sudden infant death syndrome (SIDS). ✓ Your baby is also less likely to be a stillborn (born with no signs of life) if you quit smoking. ✓ Your baby is more likely to be a healthier weight. 4. You'll protect your baby from secondhand smoke. <ul style="list-style-type: none"> ✓ Babies are more likely to get sick if their parents smoke. ✓ If you quit smoking, your baby will be less likely to have colds, bronchitis, ear infections, allergies and asthma. 5. You'll live to see your child grow up. <ul style="list-style-type: none"> ✓ Quit smoking and you'll reduce your own risk of lung cancer, heart disease and other illness. ✓ You'll feel better and live longer to watch your baby grow. <p>Quitting smoking can be hard, try these tips!</p>   </div>	<div data-bbox="821 667 1180 779"> <h3>5 Reasons Not to Smoke While Pregnant (item #519)</h3> </div>	<div data-bbox="1284 705 1455 741"> <p>Units of 100</p> </div>
	<div data-bbox="381 955 581 1419"> <h3>Secondhand Smoke & Your New Baby</h3>  <p>Babies who breathe secondhand smoke have an increased risk of ear infections and asthma attacks. Protect your baby and yourself from secondhand smoke!</p> <p>It's possible smoking during pregnancy also is more likely to have a miscarriage or have a baby that is born too soon or weighs too little.</p> <p>There is no safe level of exposure to cigarette smoke and babies exposed to smoke are more likely to get sick. Protect yourself and your baby by keeping smoke out of your home and away from your baby.</p> <p>Secondhand smoke causes more than 45,000 deaths from heart disease each year for nonsmokers.</p> <p>Babies exposed to smoke may have a greater risk of dying from sudden infant death syndrome (SIDS).</p>  </div>	<div data-bbox="803 1136 1198 1247"> <h3>Secondhand Smoke & Your New Baby (item #520)</h3> </div>	<div data-bbox="1295 1173 1466 1209"> <p>Units of 100</p> </div>
	<div data-bbox="381 1419 581 1875"> <h3>What is a Hookah?</h3> <p>Hookahs are water pipes used to smoke specially made tobacco that comes in a variety of flavors.</p> <p>Hookah is also known as: <i>Mezzenah, Mezeenah, Daghah, Shisha, Hakeel-Hakeel, and Oos</i></p> <p>Hookah smoking is typically practiced in groups, with the same mouthpiece passed from person to person.</p> <p>Risks</p> <ul style="list-style-type: none"> ✓ Many users think it is less harmful, however hookah smoking has many of the same health risks as cigarette smoking. ✓ Hookah smoke has been associated with lung cancer, respiratory illness, low birth weight, and gum disease. ✓ An hour-long smoking session involves 200 puffs, while smoking an average cigarette involves 10 puffs. ✓ Secondhand smoke from hookahs can be a health risk for nonsmokers. It contains smoke from the tobacco as well as smoke from the heat source (e.g., charcoal) used in hookahs. ✓ Most smokers become addicted to nicotine, a drug that is found naturally in tobacco. Hookah tobacco smoke contains nicotine.  </div>	<div data-bbox="886 1612 1114 1686"> <h3>What is Hookah (item #521)</h3> </div>	<div data-bbox="1321 1631 1494 1667"> <p>Units of 100</p> </div>

		<p>What is Thirdhand Smoke (item #522)</p>	<p>Units of 100</p>
		<p>10 Facts About Electronic Smoking Devices (item #523)</p>	<p>Units of 100</p>
		<p>My Life My Quit Brochure (item 578)</p>	<p>Units of 50</p>
		<p>My Life My Quit Cling (item 579)</p>	<p>Units of 25</p>

<p>Out of Stock</p>	 <p>Ready to Quit Vaping?</p> <p>TEXT "START MY QUIT" TO 855.891.9989</p> <p>100% FREE, CONFIDENTIAL & MADE ESPECIALLY FOR TEENS.</p> <p>MY LIFE MY QUIT</p>	<p>My Life My Quit quit tip card (item 584)</p>	<p>Units of 50</p>
	 <p>This time I'm taking my freedom back.</p> <p>Vaping took away my big bro. 100% a month. That's how long it took to get my freedom back. But now I have a quit buddy who helps me breathe new life into my life. I'm back to my old self. My self and my friends.</p> <p>Share your story at MyLifeMyQuit.com</p>	<p>My Life My Quit School Poster (item 598)</p>	<p>Units of 50</p>
	 <p>VAPING AND CIGARETTES: BOTH ARE ADDICTIVE.</p> <p>Don't think vaping is addictive? Most e-cigarette pods contain nicotine.</p> <p>FOR MORE INFO: IOWASTEPORG</p> <p>ISTEP</p>	<p>Both Are Addictive Poster-English (item 571)</p>	<p>Units of 10</p>
	 <p>CIGARRILLOS ELECTRÓNICOS Y CIGARRILLOS: AMBOS SON ADICTIVOS.</p> <p>¿No cree que vapear sea adictivo? La mayoría de las cápsulas de los cigarrillos electrónicos contienen nicotina.</p> <p>PORES, NO VAPEE. IOWASTEPORG</p> <p>ISTEP</p>	<p>Both Are Addictive Poster-Spanish (item 571s)</p>	<p>Units of 10</p>

		<p>Think Before You Vape Poster-English (item 572)</p>	<p>Units of 10</p>
		<p>Think Before You Vape Poster-English (item 572s)</p>	<p>Units of 10</p>